

CALIFORNIA STATE BOARD OF EDUCATION

POLICY STATEMENT

SUBJECT: Local Education Agencies – Nutritional Quality of Foods and Beverages Available in California Public Schools

REFERENCES: “Food and Beverage Sales on Public School Campuses” by the Child Nutrition Advisory Council

The California State Board of Education believes (1) that food available on school premises should provide for the nutritional well-being of children; (2) that food available be consistent with the guidelines (recommendations) contained in the Health Framework and Model Curriculum Standards for Health; (3) that food be prepared in ways that ensure optimal student acceptance while retaining nutritive quality; and (4) that food offerings should take into consideration the prevention of chronic diseases. The Board further believes that guidance and limitations of food choices in the school environment are needed to foster a lifetime of healthful eating habits.

To promote/ensure the health of students, the California State Board of Education recommends that local governing boards adopt policies which include the following:

1. Limits on sale of foods which contribute little or no nutritional value as defined by federal regulations. Foods of limited or no nutritional value include, but are not limited to, such items as soda water, water ices which do not contain fruit or fruit juices, chewing gum, and certain candies made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients.
2. Limits consistent with Education Code Section 39876 on the percent of all food items offered for sale at any site by any organization during regular school hours which are not on the specified list of nutritious foods.
3. Limits on the amount of salt, sugar, and fat content of foods offered which are consistent with the U.S. Dietary Guidelines for Americans and the California Daily Food Guide.
4. Requirements that snack foods which are available at times other than meal time be of good nutritional quality and that those items offered follow the recommendations of the U.S. Dietary Guidelines for Americans and the California Daily Food Guide.
5. Requirements that foods offered for sale as money making projects for schools be of good nutritional quality.
6. Provision for students to be involved in selecting and recommending foods of good nutritional quality for the school.

References: Education Code Section 39876, U.S. Dietary Guidelines for Americans, California Daily Food Guide, 7CFR 210.2 and 220.2, 1980.

Related Policy Statements: Local Education Agencies – Establishment of Local Policies on Nutritional Quality of Food and Beverage Sales on Public School Campuses

Local Education Agencies – Food Service and Nutrition Education and Training

Adopted 1/92